

Ski and Ride at Gunstock with Exeter Parks & Recreation



Personal Information

Please fill out a separate form for each child and hand form into Exeter Parks & Rec. You must also register your child(s) with Gunstock.

Child's Name: _____ Age as of 12/31/19: _____

Parent's Name: _____ E-mail address: _____

Emergency Contact #: _____ Is child a skier or snowboarder? _____

Lessons

Please be honest about your child's ability. If in doubt, choose the lower level. To group children appropriately, we have broken Beginner and Intermediate into lower and higher levels (see pages 2 & 3 for lesson description).

Please Check the appropriate level for your child:

- ☐ First Timer
- ☐ Beginner (lower level)
- ☐ Beginner (higher level)
- ☐ Intermediate (lower level)
- ☐ Intermediate (higher level)
- ☐ Advanced
- ☐ My child will not be taking lessons

Rentals

Will your child be:

- ☐ Renting equipment from Gunstock
- ☐ Bringing his or her own gear (including season-long lease gear)

If your child will be renting, please provide the following information. Your child's bicycle helmet is a good starting point for helmet size. Skier type refers to how much pressure it takes to release ski boots from bindings in a fall: Type 1 skiers are beginners and their skis release easily, Type 3 skiers are very aggressive and their skis should not release easily, and Type 2 is everyone else. Snowboard stance refers to which foot goes forward: Regular riders lead with their left foot, and Goofy riders lead with their right foot. If unsure, write "unknown," and Gunstock's instructors will help your child determine his or her preferred stance.

Height (feet and inches): _____ Weight (lbs): _____ Shoe Size (US standard): _____

Helmet Size (XS, S, M, L): _____ Skier Type: _____ Snowboard Stance: _____

Lessons

First Timer

Groups will spend most or all of their lesson time in the area of the carpet lift. A student should be placed in a First Timer group if ANY of these statements are true:

- I have never skied or snowboarded at all.
- I have only ever played around with it in my backyard.
- The last time I tried skiing or snowboarding, I was less than half the age I am now.
- I have tried it once or twice, but I didn't learn how to stop.

Beginner

Most beginner lesson groups will begin with a skills assessment on the carpet lift before moving to the beginner chairlift. Although they may need a brief review, most Beginner level students will agree with all (or most) of these statements:

- I can put on and take off my own equipment
- I can stand up on my own after I fall
- (If I'm a skier) I can walk up a small hill with my skis on.
- (If I'm a snowboarder) I can do a straight glide with a flat board down a very small hill
- I can change directions and stop while skiing or riding slowly.
- I can load and unload the carpet lift and safely ski or ride on my own in the beginner area around the carpet.

More advanced beginner groups may go directly to the Penny Pitou chairlift on their first day. Beginner students in those groups will also agree with most of these statements:

- I can successfully load and unload a beginner chairlift.
- I can ski or ride safely on easier green circle (beginner) terrain.
- I can use a turn to control my speed (called a "J-turn")
- I can link multiple turns together.
- (If I'm a snowboarder) I can traverse across the hill (instead of down it) on one of my edges.

Intermediate

Most Intermediate lesson groups will begin with a skills assessment on the Penny Pitou chairlift before moving to intermediate terrain. Although they may need a brief review, most Intermediate level students will agree with all (or most) of these statements:

- I can ski or ride confidently and safely on all green circle terrain.
- I can turn and stop while skiing or riding steeper green circle terrain (such as “Try Me” trail).
- I am (mostly) using linked, rounded turns to control my speed instead of a wedge (“snowplow”) on skis or a “falling leaf” on snowboards.
- I am developing the confidence and skills to ski or ride on blue square terrain.

More advanced Intermediate groups may go directly to the Ramrod Quad on their first day. Intermediate students in those groups will also agree with one or more of these statements:

- I am skiing or riding safely on blue-square terrain.
- (If I’m a skier) I am skiing with parallel skis all or most of the time.
- (If I’m a snowboarder) I’m starting to carve my turns instead of skidding them.
- (If I’m a skier) I can do a hockey stop.
- I’m using my feet and legs to turn my equipment instead of my shoulders, arms, or whole body.

Advanced

Most Advanced lesson groups will begin with a warm-up run on the Ramrod Quad to confirm appropriate skills before moving to more advanced terrain. Some higher level groups MAY move directly to the summit lift. Advanced level students will agree with most of these statements:

- I am safely skiing or riding the entire mountain, including black diamond terrain.
- I am confident in a variety of conditions and comfortable at higher speeds.
- I can change the size and shape of my turns to control my speed.
- I am interested in lessons that tackle higher-level skills and tactics for steeps, glades, powder, moguls/bumps, carving, dynamic turns, or freestyle skills (tricks and stunts).